Exploring an App for Mental Health – Example

Name of the app: Meditation Mood

Main mental health goal:	**Other goals:**
To use various meditation techniques	Help improve sleep patterns

Two things the app can do:

1. Provide calming breathing exercises.

2. Provide soothing and calming music.

Rating out of 5 stars (0 being poor, 5 being excellent)

★★★⯪☆

What would you change about the app?

Have a better selection of music for relaxation